1 June 2010

Volume 1, Issue 1

# **RHHC FRG Newsletter**

## **COR for 1SG Edney**

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# Special points of interest:

- COR for 1SG Edney
- FRG Fundraiser 19 June
- Family Fun Day 6 August



From the left, First Sgt. Steven Colbert, outgoing RHHC 1SG, CPT. Adam Nestor, HHC Commander, and 1SG Noah Edney, incoming HHC Regt. First Sergeant, stand on Summerall Field during a change of responsibility ceremony on June 2.



CPT Nestor passes the company guidon to 1SG Noah Edney, incoming Company First Sergeant, to signify his responsibility as the new 1SG of RHHC.

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## **Notes from CPT Nestor**

Family and Friends of HHC Regiment, welcome to our first FRG newsletter. The purpose of this quarterly newsletter is to keep you, the families, informed about what your Soldiers are up too and about unit events that are important to you. It has been great getting to know your Soldiers over the past 60 days. I would like to first thank you for supporting your Soldier and The Old Guard. For those of you who attended the Old Guard Luau, thank you. It was a major success and a night that will soon not be forgotten. A special thanks to Tara Redmond for all her hard work with the Luau committee.

It is often said that behind every strong Soldier is a strong family. I could not agree more with this statement. My intent with this newsletter, and with future FRG events, is to make the Soldier/family bond stronger. In turn this will make our unit stronger. If you have ideas for future events or fundraisers please contact Tara Redmond. We do have a company carwash planned for the 19<sup>th</sup> of June in order to raise

funds for our HHC Family Fun day at the beach. The funds raised by the car wash will ensure that all costs are covered for the fun day, which will include moon bounces, pony rides, and plenty of food and drinks. More details to follow.

As summer is upon us you will find that your Soldier is increasingly busier with his day-to-day activities at HHC. It was for this reason that the Regiment decided to postpone the Regimental Fun Day on Fort Myer. In the Old Guard, this is historically the "busy season" which generally lasts through the Spirit of America shows in September. During this time, it is my goal to provide as much family time, over the next few months, as possible. I do understand that kids are out of school and vacation plans may have already been made. If this is the case, please encourage your Soldier to submit his/her leave form as soon as possible so that we can properly allocate forces across the company.

Again, it is an honor to be in command of such an outstanding group of Soldiers.

They, as well as you, have sacrificed so much in order to serve the United States. Nowhere in the world will you find a more dedicated and disciplined force than the United States Army and their families.

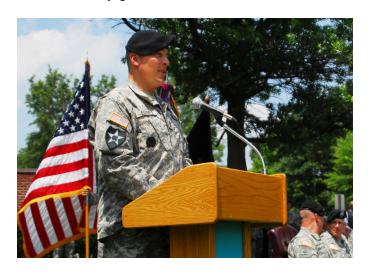
All the Best...Bayonets!! Captain Adam Nestor HHC Company Commander



"You must love soldiers in order to understand them, and understand them in order to lead them."

-Henri Turenne

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1SG Noah Edney, incoming HHC Regt. 1SG, gives his speech to the company and the rest of the Regiment at a change of responsibility ceremony on June 2.



1SG Noah Edney takes responsibility as the new Senior Non-Commissioned Officer of RHHC.



**CONGRATULATIONS: SFC LUSSI** with wife, Brittany, son, Liam, and his grandparents, Lamar and Shirley Lussi. They came to celebrate and support SFC Lussi at his graduation from Ranger school on May 21.

### **HHC Regiment Family Readiness Group**

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#### June

- 19th Car wash
- FDC's 50th Anniversary
- 28th Curtailed Operations
- 30th Land Navigation Training at Fort AP Hill

#### July

- 2nd—5th Curtailed Operations HAPPY 4th of JULY!!
- 12th—14th Company Fitness Test
- 19th Basic Training Refresher at Fort AP Hill (Leader Reaction Course, Gas Chamber, Obstacle Course)

#### **August**

6th Family Fun Day Starting at 1100 at NO COST Mason Neck, VA

## **Notes from your FRG Leader**

Welcome to The Old The FRG mission is to: Guard's HHC Regiment Family • Readiness Group (FRG). I am so excited to begin this journey with everyone! As we all know, the • Army thrives on acronyms. All the important things are now acronyms (LES, ACU, TOG). FRG is • another equally important thing. FRG stands for Family Readiness • Group, but what it really stands for is spouses, children and families coming together for support, raderie. First, the FRG conducts activities that enhance the flow of diers (married and single), and and families. Secondly, the FRG encourages resiliency among the members by providing information, referral assistance and mutual concern. Thirdly, the FRG tary. provides activities and support spirit within the unit. You will come to find out that no one un-Army spouse.

- command information
- FRG membership
- community resources
- Help families solve problems Tara Redmond at the lowest level

As a company level operation, friendship, relationship, and cama- the FRG is a command-sponsored organization of all assigned solinformation between command their families (immediate and extended). While all of these individuals are automatically considered to be members of the FRG, participation is completely volun-

We provide mutual support that enhance the well-being and and assistance and a network of communications among the family members, the chain of command, derstands you better than another and community resources. With so many changes going on all

around us, we urge you to step out Act as an extension of the unit of your comfort zone and get inin providing official, accurate volved in your FRG. I am extremely proud to be a family Provide mutual support be- member of The Old Guard and I tween the command and the look forward to working with you as we build morale for our sol-Advocate more efficient use of diers and an even stronger FRG! Sincerely,

HHC Regiment FRG Leader

